

Bass eXperiment

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Song Time: 4:27

1. (4:27)

Bass eXperiment - XS Project

0:56: Tension Tight - Cadence 90

Zone: L5 Cadence: 90-90 rpm RPE: 7

1:10: Come up & Build

Zone: L5 Cadence: 65-75 rpm RPE: 7

1:24: Back into the Saddle Cadence 70-75

Zone: L5 Cadence: 70-75 rpm RPE: 7

1:37: Cadence Up 75-80

Zone: L5 Cadence: 75-80 rpm RPE: 8

1:50: Cadence Up 80-85

Zone: L5 Cadence: 80-85 rpm RPE: 8

2:03: Cadence Up 85-90

Zone: L5 Cadence: 85-90 rpm RPE: 9

2:15: Cadence Down, no range 75 (be exact)

Zone: 5 Cadence: 75-75 rpm RPE: 8

2:22: Cadence Up 80

Zone: 5 Cadence: 80-80 rpm RPE: 8

2:34: Cadence Up 85

Zone: 5 Cadence: 85-85 rpm RPE: 8

2:47: Cadence Up 90

Zone: 5 Cadence: 90-90 rpm RPE: 9

3:00: Cadence Up 95

Zone: H5 Cadence: 95-95 rpm RPE: 9

3:26: Come out of saddle 65-70 - add tension

Zone: H5 Cadence: 65-70 rpm RPE: 8

3:32: Stay up, Cadence up 70-75

Zone: H5 Cadence: 70-75 rpm RPE: 9

3:45: Stay up, Cadence up 75-80

Zone: H5 Cadence: 75-80 rpm RPE: 9

4:10: Come Back - Release

Zone: 3 Cadence: 70-90 rpm RPE: 5
